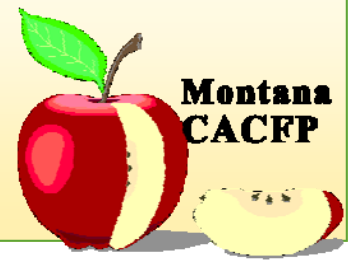


# Newsletter



Happy Summer!

July 2008

## Food Costs on the Rise by Deby McNally, CHES

According to the USDA, food prices rose by 4% last year, the largest increase in 17 years. The USDA predicts they will rise another 4% this year. Eggs are up 40% in the past year; milk up 26% a gallon; a loaf of bread, 20%.

While the USDA does not expect food prices to go down anytime soon, the USDA's chief economist, Joseph Glauber, expects retail food price *inflation to "...gradually moderate over the next several years."*

Joseph Glauber also attributes the recent dramatic spike in food prices to factors including economic growth in the US and abroad, weather conditions, energy prices, export restrictions, as well as new markets for alternative fuels.

Families across the nation are also affected by rising food costs. An estimate of 28 million will be accessing Food Stamps this next year, the highest level since the program began. (*The Food Stamp Program will have a new name effective October 2008, SNAP or Supplemental Nutrition Assistance Program.*) The Nation's Food Bank Network conducted a nationwide survey to determine the impact the economic downturn is having on food banks and agencies. The survey reveals that in comparison to last year, food banks are reporting a 15-20 % increase on average in the number of people turning to them for help. The Montana Food Bank Network is included in this study. For more information, go to [secondharvest.org](http://secondharvest.org).

The CACFP state office has a heightened awareness of the concerns revolving around rising food cost in child care centers. CACFP is seeing an increased interest from childcare centers, adding nine new centers in two months, a possible result of rising food costs.

Child care centers across the state also feel the rise of food costs, as budgets are being pinched. The cost of milk is one common concern among child care providers. Over the last year, milk costs increased substantially, doubling price in some areas. Child care professionals have concern and care. It is obvious that providers maintain great relationships with their families and children they serve. They understand that many of the children in their care live in food insecure homes. The question is what can we do and how can we help?

*Continued on pg. 2*

## "Child of Mine" Event Success

CACFP "Child of Mine" event was a huge success. The event held on June 9th and 10th drew about 190 participants between the two days. When participants were asked what they learned, they had the following to say:

- I learned to stop putting pressure on the kids to eat what they don't like. I will eliminate the *one bite rule* and do more of the family style eating.
- I learned appropriate techniques to help parents with feeding issues.
- It takes the pressure off of me. I decide what, where and when and the rest is up to the child. Whew! I have enough to do!
- I will implement the Feeding Policy, which adheres to Ellyn Satter's Division of Responsibility in Feeding, in our child care center.
- Be more in tune with the child's cues.
- I will trust the children, they know their bodies.
- It was terrific—feeding plays a huge role in child development.

*Please Note: All CACFP Institutions will receive a package with Ellyn Satters books "Child of Mine" & "Secrets of Feeding a Healthy Family" by the end of summer, as a gift.*

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### Special points of interest:

- \* **Delayed Payments**
- \* **Cost Saving Ideas**
- \* **Director Training Dates**
- \* **Eat Right Montana July Newsletter Insert:  
—Super Summer Salad Fun!!**
- Tips to Keep Fruit and Veggies Fresh**

# Reminders and Dates:

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## Required Postings:

Expect to receive a new WIC Poster in the mail. WIC income guidelines change every year.

In addition to the WIC income guideline poster, the "And Justice for All" and Hand-washing posters must be posted in your facility. However, the "And Justice for All" and Hand-washing posters will not be mailed this year, as no change has been made to the posters. To request additional copies of the Justice for All and Hand-washing posters by e-mail CACFP at [rmooog@mt.gov](mailto:rmooog@mt.gov).

## Income Eligibility Forms Packets :

The '09 Income Eligibility Forms were mailed from CACFP state office during the week of June 16, 2008. If you have not received your IEF forms in the mail, contact CACFP Staff.

## New Rates

'09 rates of reimbursement for meals are expected to be received in late July. Expect a memo announcing the new rates in the mail.

## Delayed Payment, State Federal Fiscal Year Ending:

Expect an approximate **two week delay** in payment for claims submitted after July 8, 2008. The state federal fiscal year ends June 30, 2008. State agency payments and reimbursements are in a sense frozen for a short time, while State Fiscal staff work to balance the budget. Expect a delayed reimbursement check from CACFP. While you may submit a claim to CACFP, state staff will be unable to process the claim for two weeks.



## Renewal Applications

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Each year CACFP institutions notify the CACFP state office of continuing participation by submitting a renewal application. The renewal application must be submitted to ensure program continuation.

This process begins on August 1st when the CACFP office mails renewal applications to institutions. The renewal application submission deadline is September 15th. The application process is complete by the end of October, when institutions receive a final signed copy of their renewal application to maintain on file.

The renewal application is one way an institution demonstrates viability to the state office. CACFP staff take a significant amount of time to ensure applications are complete and correct. The budget section is of most importance; we expect to see a realistic estimated milk and food budget.

**Check out new  
website:**

**[www.childcare.mt.gov](http://www.childcare.mt.gov)**

If the application is incomplete or if there are questions or concerns regarding the proposed budget, we will call for clarification.

### **Tips:**

- Double check to ensure the application is complete.
- When in doubt, contact CACFP staff for assistance.

## **Renewal Tips cont...**

- If you are a Sponsor of Centers (if you have more than one site participating in CACFP), double check to see you are filling out the correct application. A Sponsor of Center Application and a Management Plan for Sponsor of Centers must be completed. Each sponsored site must have a Sponsored Facility Application.
- Are you adding a new site to begin participating in CACFP? Contact CACFP office to ensure you have the correct application and paperwork.
- Once the application is complete, maintain a photocopy of the application on file before mailing the application to the CACFP office.
- Ensure a final application, with CACFP staff signature and date, is received to maintain on file.

# Food Costs.....continued from pg 1.

## 1. **Educate & Inform:**

- Post Food Stamp (*soon to be known as SNAP*) and WIC posters in child care centers; make it easy for parents to access information.
- Support breastfeeding and the use of expressed milk; welcome breastfeeding in your center.
- Learn more about community resources such as community gardens (how to volunteer time for food or rent a plot), community co-ops, community support agriculture (CSA) shares from local farms, and farmers markets. To learn more at [www.localharvest.org](http://www.localharvest.org)
- Encourage non-participating providers to apply for CACFP.
- Donate to local food bank and participate in food drives.
- Learn the importance of local foods, suggested readings include Michael Pollan's *The Omnivore's Dilemma: A Natural History of Four Meals*, Barbara Kingsolver's *Animal, Vegetable, Miracle: A Year of Food Life*, Marion Nestle's *What to Eat*, or Frances Moore Lappe's *Hopes Edge*.

## 2. **Shop Smart:**

Know your budget, plan your menu, make a shopping list based on menus, use recipes to stretch food dollars, revamp cycle menus from a financial view, check unit pricing and cost compare, re-think convenience foods (Convenience foods are items partially or completely prepared when purchased.), buy in bulk, study grocery ads and utilize coupons.

### **Food Tips**

#### **Meat/Meat Alternates:**

- Chicken, turkey, and chunk cuts are usually good buys
- Light tuna is one of the least expensive kinds of canned fish
- Eggs make good main dishes
- Buy yogurt in larger containers rather than single-serving containers.

#### **Milk**

- Milk is still a good buy, even at the current price.

#### **Fruits and Vegetables:**

- Buy fresh produce in season for best prices
- Buy only the amount you can use
- Compare prices of frozen and canned fruits and vegetables to fresh.

#### **Grains:**

- Buy generic unsweetened brand cereals.
- Check unit pricing. Usually the heaviest size cereal will cost less per ounce, but not always.
- Buy long-cooking rice rather than instant.

#### **Brand A vs. Generic Brand Cereal:**

Product	Size	Price	Price Per Ounce
Brand A Cereal	22 oz	2.29	\$.104
Generic Cereal	24 oz	1.99	\$.083

The generic cereal is about \$.02 less per ounce. If you use 20 ounces of cereal each day or 100 ounces each week, in 52 weeks you will save \$104.00 in one year on one item. *Pennies do add up!*

#### **Revamp cycle menus**

- Track high item prices and low item prices, reduce the frequency of high price items.
- Substitute high cost vegetables for low cost vegetables like beans and legumes.
- Try using beans & legumes as a meat substitute.
- Substitute canned tuna fish for fish sticks & chicken for chicken nuggets and homemade oatmeal for prepackaged instant oatmeal.

#### **Re-think Convenience Foods: \$\$\$ saver**

*Advantages:* save time, product consistency, use less labor, nutrition information

*Disadvantages:* cost more, often higher in sodium, maybe higher in fat, cook cannot control ingredients

#### **Buy in Bulk:**

- Standard stock items such as flour, sugar, salt, vegetable oil, salt are great bulk purchases.
- Oats, cereal, infant formula, dry milk may be items available to purchase in bulk.
- Buy juice in larger containers.

#### **Coupons: \$\$\$ saver, but ask the questions**

- Will product coupons always be available
- What is the expiration date
- Will product maintain freshness before it is used
- Will participants tire of product before it is used?

## 3. **Be creative:**

- Start an on or off site garden project at your center.
- Take a field trip to a community garden and be inspired.

## 4. **Serve Smart:**

- When serving meals family style keep a master serving bowl in the kitchen to refill the smaller bowls that serve the tables.
- Open as you go, a great way to serve easy to serve canned goods.

**Sources:** "Hunger in America" PBS Online Journal. 4 April 2008. 24 June 2008. [www.pbs.org/moyers/journal/04112008/profile4.html](http://www.pbs.org/moyers/journal/04112008/profile4.html); Douaud, Clarisse. "USDA long term forecast tempers price fears." Food Navigator USA Newsletter Online. 5 May 2008. 24 June 2008. [www.foodnavigator-usa.com/news/ng.asp?n=85092&c=h79XfdWx0O9hpf8R%2Bm4qXQ%3D%3D](http://www.foodnavigator-usa.com/news/ng.asp?n=85092&c=h79XfdWx0O9hpf8R%2Bm4qXQ%3D%3D); Rohfleisch, Kristin. "Food Banks Feel Pinch of Rising Food Prices." Eat Smart Newsletter. Volume LXXX \* 5 May 2008. 24 June 2008. [www.co.missoula.mt.us/healthservices/EatSmart](http://www.co.missoula.mt.us/healthservices/EatSmart)

National Food Service Management Institute; The University of Mississippi. "Stretching the Food Dollar." *Mealtime Memo for Child Care*. 2004-3.



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opportunity provider and  
employer***

**REGISTER NOW!!**

## **2009 Annual CACFP Director's Training**

Director's Training will be available at three locations:

- October 28th in Billings
- October 29th in Helena
- October 30th in Missoula

One CACFP director from each institution, or a designated alternate person employed by the institution and sharing CACFP operations and administrative responsibility with the director must attend one of these three trainings. Attendance is mandatory. Registration for directors is open and available now, by contacting Becky Moog at [rmoog@mt.gov](mailto:rmoog@mt.gov) or call 1-888-307-9333 or

### **Welcome New MT CACFP Centers**

Little Friends CCC, Lewistown

Flathead Valley Community College, Kalispell

Woolhouse CCC, Miles City

Toddle Time, Glendive

Sunflower Montessori, Inc, Missoula

Mama Bears Early Learning Center, Florence

A Kids Place, Great Falls

Bright Horizons Preschool Academy, Billings

Little Angels, Butte